

Candy Recipes



Compliments of
Ohio State Reformatory

Compiled by
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PREFACE

The art of making sweet meats is as old as the human race, but unlike other forms of cooking, such as pastries, meats, etc., it has never generally come to be a household accomplishment. The fact that the body craves sweets and needs them has developed a tremendous business in America known as the candy industry. The professional candy maker is in abundance, but the housewife or individual who can go into their own kitchen and turn out a good eating piece of confection is hard to find.

The every day article of diet that candy is and as easily made under proper instruction should be made in large quantities in your own home. To this end I have compiled this little work, that candy making may come to be an accomplishment familiar to every household. A careful following of my instructions will accomplish all of this for you.

Yours for Success,

R. R. STEWART,
Grinnell, Iowa.

I guarantee that:

After carefully following all my instructions and recipes you still cannot turn out the herein described candies I will upon application furnish you additional aid by personal lectures and by accepting samples of the candy you have made and correcting your mistakes in same.

And also furnish, at reasonable prices, any raw materials needed that are not handled by your local merchant.

GENERAL INSTRUCTIONS

Do Not Fail To Read These

IMPORTANT NOTE—Follow instructions and recipes to the letter. When I state great care must be taken be sure to do so.

CANDY MAKING IS NOT HARD

Don't get discouraged if it goes slowly at first. You are not familiar with some of the methods that you must use. In a little while it will be very easy to make candy.

Candy can be successfully cooked on gas, gasoline, kerosene or coal stove. Keep the fire at a good steady even heat. Do not let flame rise above the level of the syrup in kettle. Do not apply too much heat at first and do not let the candy boil before it is thoroughly dissolved.

Any good granite or aluminum cooking utensil is satisfactory for making candy. CAUTION—If you use a rather heavy kettle less danger of scorching will result.

My recipes do not call for special prepared cremes, fillers, etc., common to the candy trade. Practically every kind of material that is called for in these recipes are household articles, or can be obtained at your local grocery store.

BOILING DEGREES

There are several different stages in cooking candy. These are noted in the following ways:

Soft Ball

When a little syrup in cold water will form a soft ball between the fingers.

Medium Ball

When a little syrup in water will form a ball between the fingers that will stand up well and still not be stiff.

Firm Ball

When the syrup tested as above will form a good stiff ball but not become too hard.

Hard Ball

When the syrup forms a hard ball and will break if pulled out thin in the water.

Light Crack

When the syrup becomes brittle as soon as placed in the water.

Hard Crack

When the syrup breaks very brittle and is quite hard in the water.

NOTE

Study and master the above tests very thoroughly. To cook the candy to the proper test is essential for good candy making.

RAW PEANUTS

Peanuts in the raw state are essential for peanut brittle salted nuts, etc. If you cannot obtain them at your local confectioner or grocery I will furnish them in small amounts at market price to you. They are not sold other than by the pound.

CHOCOLATE CREAMS

The instructions for making chocolates may look hard at first, but carefully following the recipes will show you quickly that it is quite easy.

VANILLA CHOCOLATE CREAMS

In making chocolate creams there are two main parts.

First—The making of the cream center, which is called cream fondant and

Second—The dipping or coating of this center in chocolate.

THE CENTER OR CREAM FONDANT

4 cups sugar

1 cup White Karo

2 cups water

Place the above in a clean kettle on a medium good fire. Stir constantly until all is dissolved in a smooth syrup like water and the grain of the sugar does not appear. Then take a clean cloth soaked with water and wash down the sides of the kettle where the sugar and syrup have collected. (Be careful not to let the cloth get into the syrup.) Do not stir after it has dissolved. Then let come to a good boil and with a spoon skim off all foreign substance that appears. Wash down sides of kettle thoroughly. Place cover on kettle, turn fire fairly low and let steam for about five minutes. Then remove cover again, wash down sides of kettle and cook until a little of it tested in water will form a soft ball between the fingers. While the syrup is cooking the greatest caution must be taken to keep it from graining or sugaring. Keep the sides of the kettle washed down so that crystals cannot form and at all times see that the kettle is kept perfectly still for any jarring or moving might cause the syrup to grain. It is also well to have the kettle setting as near level as possible.

CREAMING THE FONDANT

When the syrup has cooked to the proper amount immediately remove from the fire and pour same on a large platter that has been previously sprinkled with a little water. After doing this sprinkle the syrup lightly with a little water and let stand until luke warm. Then stir it with a small wooden paddle or a large spoon in the back and forth motion turning the edges of the batch in. In a little while it will begin to turn white and become a creamy substance. But keep stirring vigorously until it finally sets up into a heavy lump of cream. Scrape all the fondant together and cover with a damp cloth and let set for half hour or so, then remove cloth and work down cream in much the same way as bread until all has softened into a white creamy mass.

This fondant can be stored away in a heavy china dish or earthen crock covered with a damp cloth. You then can make it up into chocolate creams, bon bons, mints and other cream candies as you so wish. In fact fondant allowed to set for a few days or a week is often smoother and better than when used at once. However, you will get satisfactory results if you allow the cream to stand a few hours after making.

MOLDING THE CENTERS

Take any quantity of the fondant (depending on the amount of candy you desire to make) knead and work it until it becomes soft and creamy. Flavor with extract of vanilla to suit taste by working the flavor in while kneading it. Use a little powdered sugar while doing this to keep the candy from sticking to your hands. Then form it into little balls, pyramids, oblong shapes, etc. If cream is too soft to form, work in a little powdered sugar.

Place these on a plate or tray covered with waxed paper or sprinkled with a starch or powdered sugar. Let them set for a few hours until the outside has crusted over, then they have become firm enough to handle. The center is then ready for the last process in making chocolate creams.

COVERING THE CENTERS WITH CHOCOLATE

Take a cake of Baker's "Dot" Sweet Chocolate, break it up into small pieces and melt it in a double boiler. Let the water boil good until enough of the chocolate melts to form a liquid in the bottom, then turn fire lower and stir the chocolate until all is melted. Do not allow it to set over the fire and get too hot, but remove as soon as melted. However, leave it over the steam as that will keep the chocolate at the right temperature.

Now pour about one-half teacup of chocolate on a plate or large platter that has been warmed to take the chill off, and work it back and forth with the hand and from the outside of the plate in, keeping the chocolate near the center. Do this until the chocolate feels quite cool. (If it should get hard all at once put it back with the melted chocolate and repeat the above operation until you can cool the chocolate down and yet have it remain in a thick liquid form.) Now take the cream centers that are ready for dipping, placing one at a time in the chocolate with the left hand rilling them around and covering thoroughly in chocolate with the right hand. Then pick up the piece of candy, holding it with either the first or second finger and the thumb and place it on a board covered with wax paper. When you set the piece down work the thumb and finger back and forth a little thus preventing you from leaving finger marks. Then bring the thumb and finger together at the same time raising them about a fourth of an inch above the piece. The string of chocolate the thumb and finger bring up is laid across the top of the piece and thus makes the fancy design on chocolates. Set in a cool place until hardened and the chocolates are ready for use.

If the string does not stay distinct the chocolate is too warm. Also the chocolate is too warm if it runs off the piece.

If the string breaks or the piece coats rough and uneven the chocolate is being worked too cold.

TEMPERATURE OF THE ROOM FOR DIPPING

The room for dipping should not be less than 58° or over 68° or 70°. If dipping in a room of 70° try and have a cooler place to let the chocolate harden. Temperature is easily regulated in the winter. In summer use a dry basement or place candy in a dry ice box for just a few minutes after dipping, but never put them next to ice or in any damp place as it will cause them to sweat and spoil.

The chocolates will sometimes gray if the chocolate is not cooled enough on the plate before coating. This trouble may also come from dipping in too warm a room or having the centers extremely cold, especially in the winter time. Both chocolate and centers should be near the same temperature.

MAPLE CHOCOLATE CREAMS

A very good maple chocolate is made by following the above recipe for vanilla chocolates, only flavoring the cream center with a maple flavor or mapeline. The flavor will give the center a good maple color. If you have maple sugar to use you can make a fondant by using it half and half with the granulated sugar in the recipe for vanilla creams. In this case you do not need to flavor the fondant. However, flavoring plain cream with mapeline makes an excellent maple chocolate cream.

STRAWBERRY, PINEAPPLE, LEMON AND ORANGE CHOCOLATE CREAMS

These are made in the same way as vanilla chocolate creams only flavored with the respective flavors.

CHOCOLATE PUDDINGS

| | |
|-------------------------|----------------------------------|
| 3 cups sugar | 1 rounding tbs. fresh butter |
| 2 tbs. White Karo Syrup | 2 tbs. melted sweet chocolate |
| 1½ cups water | Beaten white of 1 egg |
| Pinch cream of tartar | Pinch salt. |

Place the sugar, Karo syrup, Cream of tartar, and water in clean kettle, stir until dissolved, then wash down sides of kettle and cook without stirring until it comes to a heavy thread or will hold together when tested in cold water. Then add the tablespoonful of butter and stir until fully dissolved. Wash the kettle down and let syrup cook until it comes to a good soft ball. Then remove from fire and pour on damp plate. When it is cooled to luke warm, place over it the white of one egg beaten stiff. Then stir and cream all of it in the same manner as described in the creaming process on page 6. However, just before the fondant has finished creaming (when it begins to break) work into it two tablespoonsful of melted sweet chocolate and a pinch of salt. Finish by kneading it down with the hands until soft and the chocolate is evenly worked through it.

Cover with damp cloth, let set for a little while and then roll up in small balls, as per instructions on page 6, and after they have crusted dip in sweet chocolate.

OLD FASHIONED SOFT CENTER CHOCOLATES

| | |
|------------------|-----------------------|
| 3½ cups sugar | 1½ cups water |
| ¼ cup White Karo | Beaten white of 1 egg |

Place the sugar, Karo and water in clean kettle and stir until dissolved. Keep sides of kettle washed down and cook to a soft ball. Do not stir after syrup is dissolved. pour on damp plate and after it is cooled cream in the usual way, but just after fondant starts to turn white and cream, add the well beaten white of one egg, and finish in usual manner. Cover with damp cloth and let stand for about a half hour and then knead down

until creamy and form in little balls, using powdered sugar as previous instructions give. You can flavor this with vanilla, strawberry, maple, pineapple, etc., to suit and then dip in sweet chocolate.

CHOCOLATE MINT PATTIES

The above fondant makes and excellent center for mints. Knead down with hands, flavor with peppermint and form in little flat patties about as big around as a half dollar. Then let set two or three hours until dry enough to handle, sprinkling them good with a mixture of half and half powdered sugar and corn starch, then dip in the following preparation of chocolate coating:

3 squares of Bakers "Bitter" chocolate
2 squares of Bakers "Dot" Sweet chocolate

Melt down together so they will be thoroughly mixed and then dip according to instructions on page 7.

CHOCOLATE COATED CHERRIES

Go to your local grocery store or confectionery and buy a pint or so of Maraschino cherries. Let drain in sieve for about an hour. In the meantime melt down some creme fondant (that you have previously made) (see page 5) in a double boiler, never letting it get more than luke warm. Keep stirring until it is thoroughly melted down, roll the cherries in powdered sugar and dip them in the melted fondant by dropping them in the fondant one at a time and removing at once with a fork or small spoon. Set them on waxed paper in a cool place and let dry. As soon as this is done dip in sweet chocolate as per instructions on page 7.

PINEAPPLE CREAM CHOCOLATES

These can be made in the same way as the above cherries, only using squares of canned pineapples instead. Let drain well before using them. This makes a fine eating piece.

PEANUT CLUSTERS

Take a quart or so of raw No. 1 Spanish peanuts (see page 4) and roast them in a pop corn popper, the same as popping corn, until they become a brown color and taste done. After they have cooled melt down any quantity of sweet chocolate, the same as for dipping creams and then mix in the peanuts. Then pick up small clusters of the chocolate covered peanuts and place to harden on waxed paper.

ITALIAN BITTER SWEETS WITH NUT CENTERS

Take a quantity of fondant described on either page 5 or 9 and work into it one-half cup of chopped walnuts, pecans or almonds, flavor with vanilla and dip in the following blended coating:

4 squares of Bakers "Dot" Sweet chocolate
1 square of Bakers "Bitter" chocolate

The above must be melted down together and mixed thoroughly. Then follow the regular method of dipping.

FRENCH BON BON CHOCOLATES

Beat the whites of two eggs very stiff. Then stir in all the powdered sugar you can. Flavor to suit. After you have done this, work in additional sugar, kneading with your hands, until you can roll it out in a little ball. Dip in chocolate same as regular creams.

This candy is easily made and has a good flavor but does not keep long, drying out quickly. You can flavor this candy in any flavor you desire, or work in nut meats when you are forming the center into balls to be dipped.

SPECIALTY RECIPES, DIVINITY, ETC.

OID STYLE PENOCHIA

| | |
|--|-----------------------------|
| 2 cups brown sugar | Pinch of salt |
| $\frac{1}{2}$ cup cream or condensed milk (whole milk can be used) | 1 tbs. New Orleans Molasses |
| | $\frac{3}{4}$ cup pecans |

Place sugar and cream (if condensed milk, put a little water in with it) in kettle on good medium fire and stir until it comes to a boil. You must be careful not to use too much heat in starting a batch with milk until fully dissolved, as it might curdle. Then add 1 tablespoonful New Orleans molasses, stirring it into the batch. Then let cook undisturbed until it forms a soft ball in water, remove from fire and let cool a few minutes. Then add about $\frac{3}{4}$ cup of pecans and stir it rapidly until it grains and cremes into a heavy mass. Then with a buttered spoon drop it on wax paper in little kisses about the size of a dollar.

Walnuts or peanuts can be used in place of pecans.

SAUERKRAUT CANDY

(A FINE COCOANUT CONFECTION)

| | |
|--------------------------------|--|
| 2 cups sugar | Pinch salt |
| $1\frac{1}{2}$ cups White Karo | 1 tbs. butter |
| 1 tbs. New Orleans Molasses | As much shredded cocoanut as you can stir in |
| $\frac{3}{4}$ cup milk | |

Place all ingredients in kettle except butter and cocoanut and let cook stirring continually to keep from scorching. When it forms a good medium ball in water remove from fire, stir in the butter and all the cocoanut, it will take up. Set batch on fire to warm bottom of kettle and then pour on greased plate about $\frac{3}{4}$ inch thick. Let cool and cut in squares. If you let this candy stand over night it will grain out and be better eating. You can leave out the molasses, but personally I think it adds much to the flavor of the candy.

DIVINITY OR SEA FOAM

A VERY PRACTICAL RECIPE THAT WILL
ALWAYS WORK

| | |
|------------------------------------|--------------------|
| 3 cups sugar | 1 egg white |
| $\frac{1}{4}$ cup White Karo Syrup | 1-3 cup of English |
| 1 cup water | Walnuts |
| Pinch cream of tartar | |

Place sugar, Karo and water in kettle over good fire, stir until all is dissolved like water and no trace of the grain in the sugar is left. Then wash down sides of the kettle with a clean cloth soaked in water, being careful not to get it in the syrup. Then let cook until a little tested in water will form a medium ball (see page 4). Keep the sides of the kettle washed frequently as this prevents the candy from sugaring. While it is cooking put the white of one egg in a good size pan and beat it very stiff. When the syrup has cooked the proper amount, set it off the stove and let cool about five minutes. Then pour it slowly into the egg white having a second person stirring and beating it all the time with a large egg whip. After you have finished this continue to stir the batch until it begins to set and get heavy. Add a little vanilla flavor and about one-third cup of English walnuts. Then take a teaspoon, keep it wet in water, and spoon out the candy in little kisses on wax paper.

COLORED DIVINITY FLUFF

Make a batch of the above divinity and after you have beaten it until heavy, about ready to spoon out, divide it into four parts. Flavor one vanilla and leave it white, another lemon and color yellow, another flavor strawberry and color red, and the fourth color and flavor with a little melted chocolate. After the flavor and color have been stirred into the candy spoon out in the usual way with a teaspoon on wax paper.

SEA FOAM CHOCOLATES

This is a very good eating candy if made in the following way. Make a batch of divinity, see page 13, then after it has set long enough on waxed paper to harden melt down 6 squares Baker's Bitter Chocolate 4 squares Baker's Dot Sweet Chocolate over a steam bath. Stir thoroughly together and dip the little divinity kisses in the chocolate. See page 7 dipping instructions.

FRUIT AND NUT CREAM PUFFS (FINE FLAVOR AND EASILY MADE)

2 cups sugar
 $\frac{1}{2}$ cup White Karo
1 cup water

Handful of English
Walnuts
Handful glazed fruit.

Place sugar, Karo and water in clean kettle over good sides of kettle with clean cloth and let cook without stirring to soft ball. Keep sides of kettle washed down while cooking to keep candy from sugaring. Take off stove when properly cooked and set in pan of cold water to cool for about 3 to 5 minutes. Then with large spoon fire. Stir until all is dissolved like water. Wash down stir vigorously until it starts to turn white. Then flavor with $\frac{1}{2}$ teaspoonful vanilla and add a handful of English walnuts and a handful of candied fruits, such as pineapple and cherries. Continue to stir until it sets up in a lump of white cream. Then work and stir the cream until it softens down again in a nice creamy mass. As soon as it does this, spoon it out on waxed paper in little puffs.

You can omit either the fruit or nuts to suit

COCOANUT CREAM PUFFS

Make a batch of the above candy as per recipe but add $\frac{1}{2}$ cup shredded or chipped cocoanut in place of fruit and nuts and handle candy in exactly the same way.

BRITTLES AND SALTED NUTS

MY FAMOUS HOME MADE PEANUT BRITTLE

| | |
|---------------------|---------------|
| 2 cups sugar | Peanuts |
| 1 cup White Karo | 1 tsp. butter |
| 1 cup water | Pinch salt |
| 1½ cups raw Spanish | 1-5 tsp. soda |

Place sugar, Karo and water in clean kettle over fire and stir until dissolved. Then cook until the syrup will hold together in water to form a soft mass. Then add the raw peanuts and salt; stir and cook until syrup is golden brown, or the peanuts are roasted good. You can also tell this by cooling a little in water and tasting the peanuts. However, the color of the peanuts is a good test of when they are done. But just before the peanuts are finished cooking stir in the butter, then as soon as the candy is cooked sufficiently remove from fire and stir in one-fifth teaspoonful of baking soda. Turn out on a greased platter and spread out as thin as possible. When it has cooled a little wet your hands good in cold water, take hold one side of the candy and turn it over. Now either cut in squares with a knife or let get cold and break in pieces.

POP CORN CRISP

| | |
|--------------------|----------------------|
| 2 cups sugar | 1 tbs. butter |
| 1½ cups White Karo | Pop corn as required |
| 1 cup water | |

Place sugar, Karo and water in kettle over good fire and stir until dissolved. Then cook until a little tested in cold water will become very brittle. Remove from fire, stir in the one teaspoonful of butter and all of the freshly popped corn it will take. Turn out on a buttered plate and roll out as thin as possible. Let cool and cut in oblong pieces

SALTED PEANUTS

Take about one-fourth to one half pound butter and add to it about one pound of "MAZOLA OIL". Place the above in large kettle and melt down and let get good and hot. Then pour into it whatever quantity of raw peanuts you desire to salt up to about five or six pounds. Cook the peanuts, stirring them all the time until they are a light brown. (Do not let the peanuts get too brown, as the heat in them will cook them after they are removed from the fire). Then remove from fire and pour in wire sieve or ordinary colander letting the "MAZOLA OIL" drain off. After this pour nuts on platters or waxed paper and sprinkle with table salt. Let cool and they are ready for use.

SALTED ALMONDS

Almonds are salted in exactly the same way as peanuts. Be careful and do not cook them too much or they will get black and taste burnt.

If the almonds have skins on them place in water and let come to a boil, drain off the hot water and let cold water run over them until nuts are cold. Then peel off the skins with your fingers. Do this before roasting.

Hickory nuts, walnuts, pecans, etc., should not be roasted. Get the "MAZOLA OIL" very hot and pour the nuts in. Stir good for a few minutes and then drain through sieve. Spread nuts on platters and sprinkle with table salt.

BLACK WALNUT GLACE

2 cups sugar

1 cup White Karo

1 cup water

1 tsp. butter

Pinch salt

1 cup black walnuts

Place sugar, Karo and water in kettle over good fire, stir until dissolved and then cook until a little tested in water will be quite hard and very brittle. Remove from fire, stir in 1 teaspoonful butter and pinch of salt and then add 1 cup black walnuts. Mix well together set back on fire to warm bottom of kettle, then pour on greased platter, spread out very thin and let cool a little. Turn the batch over as you would peanut brittle, let get cold and then break up ready for use.

Hickory nuts used in the same way make a good brittle.

CANDIED APPLES

2 cups sugar

1 cup White Karo

1½ cups milk

Pinch salt

Cook the sugar, Karo and cup of milk until a little tested in water will form a good soft ball. Then add the other ½ cup of milk and cook until a little in water will form a hard ball. Stir all the time it is cooking. Then at once remove from fire and dip apples in it that have been previously cleaned and a clean stick stuck in the core. When apples are thoroughly covered lift from syrup, let drain for a minute then put on greased platter or waxed paper to dry.

FUDGES CARMELS ETC.

WHIPPED CREAM CHOCOLATE FUDGE (SOFT CREAMY FUDGE THAT WILL NOT SUGAR)

| | |
|-------------------------|--------------------------------|
| 2 cups sugar | Pinch salt |
| 1 tbs. White Karo Syrup | 1 tsp. butter |
| 1 cup milk | $\frac{1}{2}$ tsp. vanilla |
| 2 tsp. cocoa | $\frac{1}{2}$ cup chopped nuts |

Place the sugar, Karo and milk and cocoa in kettle on good fire and cook until it just forms a soft ball in water. Stir while cooking to prevent scorching. Then remove from fire, stir in butter, salt, and vanilla flavor into the batch and let cool for about five minutes or more. Then beat vigorously until it gets heavy and begins to break when you add $\frac{1}{4}$ cup of chopped nuts and then continue to stir it as long as you can. Then work and knead the fudge with your hands a few minutes much in the same manner as you would bread and then flatten out on a greased plate and let cool and cut in squares.

OPERA FUDGE

| | |
|------------------------------------|--------------------------------|
| $2\frac{1}{2}$ cups sugar | $\frac{1}{4}$ condensed milk |
| $\frac{1}{2}$ cup White Karo Syrup | 1 tsp. butter |
| 1 cup milk | $\frac{1}{2}$ cup chopped nuts |
| | Pinch salt |

Cook sugar, Karo and milk in clean kettle, stirring it only until all of it is dissolved when a little tested in water will form a soft ball add the condensed milk, pouring it in slowly stirring it all the while. Continue to cook and stir the batch until it again comes to a soft ball. Remove from fire, add the butter and salt, let cool for about five minutes, then stir and beat until it gets heavy. Add the nut meats and stir as long as possible. Then knead it down with your hands for a few minutes until soft. Flatten it out on a greased platter, let set and cut in squares.

MARSHMALLOW CHOCOLATE FUDGE

Take about six or eight marshmallows and cut them in quarters, make a batch of the above fudge and when you are stirring it and it begins to cream heavy add the quartered marshmallows and continue to stir until the fudge starts to break, then pour out the candy into a greased cake pan about one inch in thickness. Let stand until cool and slice in oblong pieces for use.

MILK CARAMELS

| | |
|---------------------------|-------------------------|
| 3 cups. sugar | |
| 1½ cups. White Karo | 1 tbs. of butter or nut |
| 2 cups milk (not skimmed) | margarine |
| ½ cup condensed milk | ½ tsp. salt |

Cook the sugar, Karo syrup and 1½ cups of the milk over a good fire, *stirring constantly to prevent scorching* until a little tested in water will form a soft ball. Add the other ½ cup of milk, pouring slowly into the batch, stirring while doing so. Try to keep the batch boiling while adding the milk. Cook again until a soft ball, add the condensed milk slowly, keeping the batch cooking. Then add the butter and salt and continue to cook until a little tested in water will form a firm ball. As the batch cooks turn the fire lower and stir constantly to prevent burning. When the batch is finished cooking remove from fire and add ½ teaspoonful of vanilla and a fourth cup chopped nuts. Pour on greased platter or in a cake pan about ¾ inch thick. When cool cut in squares ready to use. By adding 2 squares of melted chocolate to the batch before turning out you will have chocolate flavored carmels.

CARAMEL LAYER CANDY

Make a batch of the above carmels and pour out in a greased cake pan about ½ inch thick or deep. Then you make a batch of chocolate fudge, page 18, and when you have stirred it until it breaks heavy pour over the the carmel layer. Let set until cool and cut in squares.

CHOCOLATE CARAMELS

Make a batch of the above caramels and pour out in a layer about $\frac{3}{4}$ inch thick and when cool cut in squares about $\frac{3}{4}$ inch wide. Then melt down $\frac{1}{2}$ cake sweet chocolate in double boiler and dip the caramels in it according to instructions on page 7.

BUTTER SCOTCH

| | |
|----------------------------------|-------------------------------|
| 2 cups. light brown sugar | 1-3 cup butter |
| 1 cup White Karo Syrup | $\frac{1}{2}$ tsp. of salt |
| $\frac{3}{4}$ cup water | $\frac{1}{4}$ tsp. of vanilla |
| $\frac{1}{2}$ cup condensed milk | |

Put sugar, Karo syrup and water in clean kettle, stir and cook until it comes to a good boil and then add the condensed milk slowly and continue to cook, stirring all the time, until a little of it will form a firm ball when tested in water. Remove from fire, add salt and butter and then put back on fire and cook until it forms a hard ball in water. Pour on greased platter and when cool cut in squares.

CARAMELS MARSHMALLOW DELIGHTS

| | |
|------------------|--------------------------|
| 1 cup sugar | |
| 1 cup White Karo | $1\frac{1}{2}$ cups milk |

Cook the sugar, Karo and 1 cup of milk to a soft ball, stirring constantly. Then add the other half cup of milk slowly and cook until a firm ball forms in water. After this remove from fire and drop into the syrup, one at a time, good marshmallows taking them out with a table fork and rolling them in a plate of pecans, walnuts or cocoanut to suit, in the same way as with pecan rolls described on following page.

NOUGATS AND NUT ROLLS

PECAN ROLLS

2½ cups cane sugar

1 cup White Karo

1 cup water

1 tsp. butter

2 egg whites

Place sugar, Karo and water in kettle over a good fire, stir until all is dissolved. Wash down sides of kettle with a damp cloth and let cook to a good hard ball. Keep sides of kettle washed down to prevent graining. While syrup is cooking, beat the whites of two eggs in a medium size pan until they are stiff. Then when syrup has cooked to a hard ball, remove from fire and pour gradually into the egg whites, stirring them constantly. Pour out about half the syrup this way. The remainder put back on the fire and cook until a little tested in water will be very brittle. Then add this to the egg whites in the same manner as above. Beat all of it until it gets heavy. Add 1 teaspoonful of butter and ½ teaspoonful of vanilla. Continue to stir and beat until it breaks short and sets up. Then pour out in cake pan that has been greased and dusted heavy with powdered sugar or starch. Spread it about an inch or an inch and a half thick. Let set over night and next day cut the strips about an inch wide and four inches long. Then take

1 cup sugar

1 cup White Karo

1 cup whole milk with a
little water

and place in kettle and cook to soft ball, stirring constantly. Add small pinch of soda to keep the condensed milk from curdling. Then add ½ cup of milk by pouring it in slowly, stirring while doing so, let cook until soft ball again and then add ¼ cup milk in the same way. Then cook all until it testes a firm ball in water. Remove from fire and dump the strips of nougat one at a time in the syrup, lifting them out with a common table fork and placing them on a plate covered with pecan meats. At once cover the caramel syrup over the pecans and press them with the hands so they will stick. Lay on a plate covered with waxed paper and let cool. Slice the rolls thus formed in slices about ¼ inch thick and they are ready for use.

WALNUT, HICKORY NUT AND COCOANUT ROLLS

These are all made by the same recipe as pecan rolls, substituting the above named nuts in place of the pecans.

CREAMED FRUIT AND NUT NOUGAT

| | |
|----------------------|---------------------------|
| 3 cups cane sugar | 1 tsp. butter or nut mar- |
| 1½ cups White Karo | garine |
| 1½ cups water | ½ tsp. vanilla |
| Whites of three eggs | ¼ cup chopped nuts |

Place sugar, Karo and 1½ cups water in kettle over good fire. Stir until dissolved then wash down kettle with cloth soaked in water and let cook without stirring to a good hard ball. In the meantime beat the whites of three eggs stiff and then about half of it (syrup when cooked) into the egg whites, having some one stirring them constantly. When this is done place remainder of syrup on fire and cook until it is brittle when tested in water. Remove from stove and pour slowly into the egg whites and stir until it gets heavy and breaks short. Add the butter, vanilla flavor and nuts and stir until well mixed. Candied fruits may also be added. Pour out in greased cake pan dusted with starch or powdered sugar. Let stand over night and cut in squares for use.

CHOCOLATE COVERED NOUGAT

When you make a batch of the above nougat cut in oblong pieces about a half inch wide and an inch long and then dip in sweet chocolate—see page 7.

CREAM CANDIES ETC.

The fondation of the following cream candies is the cream fondant on page 5.

CREAMED STUFFED DATES

Make a batch of cream fondant as dscribed on page 5. Then work it down with powdered sugar until stiff enough to handle well and flavor with a little extract of vanilla . Take a quantity of dates and remove the seeds. Upon doing this fill the center of the dates with the fondant, roll in powdered sugar. If you desire mix a few chopped nuts in the fondant. This greatly adds to the eating quality of the candy.

CHOCOLATE STUFFED DATES

After you have stuffed the dates in the above manner melt down a quantity of sweet chocolate and dip according to instructions on page 7.

CREAMED DIPPED NUTS AND FRUIT

Take any amount of fondant, and make according to recipe on page 5 and melt it down in double boiler not letting it get to hot but that you can stand your finger in it. Then take whole walnuts, almonds or pecans, drop them into the melted fondant, one at a time, cover thoroughly lift them out with a table fork and lay on waxed paper to dry.

Pineapple, cherries, and other fruits can be dipped in the same manner.

RED, WHITE AND BLUE WAFERS

(NICE FOR TABLE DECORATIONS)

3 cups sugar
 $\frac{1}{4}$ cup White Karo

$1\frac{1}{2}$ cups water

Place the ingredients in a kettle, stir until dissolved, wash down sides of kettle with a cloth soaked in water, cook without stirring until a little tested in water will form a firm ball. Then pour on damp platter, sprinkle with a little water and let stand until quite cool, then stir and cream up according to instructions on page 6. After it has stood about 30 minutes cover with a damp cloth. place a quantity of it in a double boiler and melt it down, stirring it all the while. In melting do not let it get hotter than you can stand your finger in it. Flavor with vanilla, then take an ordinary funnel, cut a long stick so that it can be worked up and down in the funnel and will fit the small opening at the bottom. Spread waxed paper on the table, fill the funnel with the fondant, then raise the stick a little and let enough fondant run out on the paper to form a round wafer about the size of a half dollar and at once push the stick back in place. Do this until all the cream is used. If the fondant is too thick to flow, thin it with a little water, stirring it in thoroughly.

To get the color effect. The red, white and blue divide the batch in three parts, melting down one part, flavoring it with vanilla and leaving white, as above described. Another part flavor with raspberry and color blue and the third part flavor with a little strawberry and color red. Vanilla flavor can be used with all the colors if so desired. This makes an excellent patriotic decoration.

Any flavors and colors, such as yellow, green, mint etc., can be used. Get the flavors and colors at your druggist or grocery store.

MINT WAFERS

Flavoring the fondant with a strong peppermint and making them in the same way as described above makes an excellent after dinner mint for parties, banquets, etc. These may be colored to follow the table decorations.

BON BONS

The centers for bon bons are made in the same manner as chocolate cream centers, but are coated with a bon bon cream instead of chocolate. Make a batch of fondant as described on page 5 and work it down with powdered sugar and form into balls in the same manner described on page 6. Let stand until they have crusted over and become firm. Then melt down a quantity of bon bon cream that is made according to the recipe for cream wafers on page 24, which calls for

3 cups sugar
 $\frac{1}{4}$ cup White Karo

$1\frac{1}{2}$ cups water

When you have made the cream and melted it down in a double boiler, as described on page 24, drop the cream centers previously prepared into the bon bon cream with the left hand; cover thoroughly and lift from the cream with a table fork and place on waxed paper with the right hand. Scrape off all the extra cream on side of kettle. However, leave centers in melted cream only long enough to cover, as they will melt. Let set on waxed paper and they will harden in a few minutes. You can color bon bon coating any color desired by mixing in the color just before dipping the centers. Red, Blue, Pink or Yellow are good colors. The centers can be left white and flavored with vanilla, chocolate, lemon, peppermint or strawberry. Chopped nuts can be mixed in the center. It makes a nice piece to place walnut halves on top the bon bon as soon as you have placed them on waxed paper and before they dry. It is left to the individual to flavor and color bon bons to suit the taste.

EASTER EGGS

Take a quantity of fondant, made by the recipe on page 5, and work it in powdered sugar until stiff and form into egg shape, flavor and color to suit, let set until crusted and dip in chocolate in the same manner as for chocolate creams on page 7.

Colored easter eggs are made by dipping the centers in different colored bon bon cream, as described above. Use two forks to lift the eggs from the cream. This makes a fine easter egg that is free from all adulteration.

KISSES SUCKERS ECT.

BLACK WALNUT KISSES

| | |
|--------------------|---------------------|
| 1½ cups sugar | 1 tbs. butter |
| 1½ cups White Karo | ¼ cup chopped black |
| ½ cup rich milk | walnuts |
| ½ cup water | ½ tsp. vanilla |
| Pinch salt | |

Place sugar, Karo and milk in clean kettle and cook until a little tested in water will form a hard ball or be brittle when pulled out thin. Stir continually while cooking. Remove from fire, stir in butter and salt. Place on fire and let cook until it again reaches the above test. Remove from fire stir in the walnuts and vanilla. Pour on greased platter and keep folding the edges until cool enough to handle and then pull in the same manner as you would taffy candy. While pulling the candy do not twist it but pull it straight allowing all the air to stay in. When white and spongy pull out in strips about a half inch in diameter, cut in pieces about an inch long, either with a knife or heavy scissors. If you want the candy to keep a few days wrap in waxed paper, twisting the ends.

Any other nuts can be substituted to suit the individual.

PEANUT BUTTER KISSES

Make a batch of candy as for black walnut kisses above, leaving out the nuts. Stir in the vanilla and pour on greased platter, fold in edges until cool enough to handle and then add

3 tablespoonfulls of peanut butter

and pull all together until light in color and it becomes quite firm. Then work in another teaspoonful peanut butter, leaving it in streaks through the candy. Pull in strips about $\frac{1}{2}$ inch thick and cut in pieces about an inch long. Wrap in waxed paper.

OLD FASHIONED MOLASSES CANDY

| | |
|----------------------------|----------------------------------|
| 2 $\frac{1}{2}$ cups sugar | $\frac{3}{4}$ cup water |
| 1 cup White Karo | 1-3 cup butter |
| 1 cup New Orleans | Pinch salt |
| Mollasses | Small tsp. soda |
| $\frac{1}{2}$ cup milk | $\frac{1}{2}$ tsp. lemon extract |

Place sugar, Karo, molasses milk and water in kettle and cook until it becomes brittle in water. Then add butter and salt and let cook until very brittle remove from fire and add lemon extract. Then stir in the soda until the candy puffs up, pour on greased platter and let cool, folding in the edges until you can handle it. Then pull until light in color. Pull out in strips and place on greased plate dusted with corn starch. Let cool and break in pieces.

After adding the soda you can pour the syrup into greased cake pans and after cold break apart. In this way you do not have to pull the taffy. Either method makes a good chewing candy. Nut meats may be added in either case just before adding soda.

CREAM TAFFY

(REGULAR CHRISTMAS TAFFY)

| | |
|------------------------------------|----------------------------|
| 2 cups sugar | 1 tbs. butter |
| $\frac{1}{4}$ cup White Karo Syrup | $\frac{1}{2}$ tsp. vanilla |
| 1 cup rich milk or cream | |

Cook the sugar, Karo and milk until it is very brittle in water (or hard crack test). Then add the butter and bring to good boil again, and pour on greased platter, let cool turn in edges and as soon as you can handle it pull until white. Just before pouring work in the vanilla flavoring. Pull the batch straight, do not twist it. This leaves the air in it letting it get porous and spongy. When through pulling, spread it out flat in a greased pan dusted with corn starch and let cool. Break in pieces to use.

PINK TAFFY

Stir a little red coloring in the syrup just before pouring it on the greased platter, getting it ready to pull. You can add any flavor you desire, but it is very good made as above described.

PLAIN WHITE TAFFY

Make a batch of taffy according to the recipe for cream taffy on the previous page substituting water for the milk. Add any flavor you desire to the syrup just before pulling. This makes a good candy and is inexpensive.

FRUITS DROPS

| | |
|------------------|---------------------------|
| 3 cups sugar | $1\frac{1}{2}$ cups water |
| 1 cup White Karo | |

Cook sugar, Karo and water until it reaches a good hard crack when placed in water. Do not cook too fast when finishing as it might scorch. Keep the sides of the kettle washed clean of sugar crystals. Pour it out on a greased platter, fold in edges and knead it until cooled enough to handle. While kneading it add flavor and color to suit in the same way as for suckers. Lemon,

lime, strawberry, cherry, raspberry, etc., are flavors that can be used. When cool enough to handle pull out in long strips about $\frac{1}{2}$ inch thick twisting the strip as you stretch it out. Then cut it in pieces about $\frac{3}{4}$ inch long and roll them in granulated sugar. Let cool and they are ready for use.

HOREHOUND DROPS

Bring two cups of water to a boil and then soak $\frac{1}{2}$ ounce of hore hound herbs in it for 20 minutes and then place

4 cups sugar

1 cup White Karo

2 cups water

in kettle, strain the hore hound water into it and cook until very hard and brittle in water and pour on a greased platter. Fold in the edges, work and knead in the batch spin out in strips and finish the same as for fruit drops described above.

SPECIAL ALL DAY SUCKERS (A RECIPE WRITTEN ESPECIALLY FOR HOME MAKING)

3 cups sugar

2 cups Karo

2 cups water

$1\frac{1}{2}$ tsp. lemon flavor

Place sugar, Karo and water in kettle, cook until it becomes hard and brittle like an eggshell when tested in water. Pour on a greased platter and keep folding in the edges and as soon as cool enough knead well with the hands. Work in the $1\frac{1}{2}$ teaspoonful extract of lemon by hollowing out a place in the center of the batch and pouring the extract in and then kneading and working it into the candy. If you want to color the batch add the coloring at the same time. Any color or flavor to suit can be used. When the batch is cool enough to handle good, pull it out in a long flat strip about $\frac{3}{4}$ inch wide. Then cut in pieces about $1\frac{1}{2}$ inches long and fold them over small clean sticks. Skewer sticks, that butchers have, are fine for this use. When this is done lay on greased plate and let cool.

—REMEMBER—

That a pinch of soda will clear the curdle in any candy made with milk.

That different brands of flavors vary in strength.

It is best to test the use of them by tasting the candy.

However, Vanilla is usually about the same as so you can follow the amounts given in the recipes.

That you must follow the instructions to the letter, every one of these recipes have been tested in a home kitchen and have proven successful.

PUBLISHER—R. R. STUART, GINNEL, IOWA

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